



# Episode 187: Manifesting with MUSIC with Ashley Gordon

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## SUMMARY KEYWORDS

manifesting, song, playlist, feeling, music, listen, manifestation, life, envisioning, podcast, lyrics, universe, sedona, anchoring, called, hear, frequency, works, ashley, tap

## SPEAKERS

Ashley Gordon, Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So, thank you so much for pushing play today. And now, let's begin. Hello, beautiful souls, and welcome back to the Manifestation Babe Podcast. I have an episode for you today that I think you will absolutely love. My dear friend Ashley Gordon, who you probably remember from the manifesting soul sisters podcast episode that I did with my soul sisters a few weeks ago; well, we sat down and talked all about the idea and the process of using music to help you become a better manifester. I love how this episode was born. Ashley and I were in Sedona with the other girls back in the end of June, beginning of July - something like that. I was sharing with the group how the song that was currently playing in the car was a song that I manifested a lot of my current life to, and how I used music to

help me manifest what I currently have. I immediately could see Ashley light up because she immediately said, "Oh my god, you use music to manifest, too? I seriously haven't talked about this with anyone. I don't know anyone else who's talking about this. But seriously, I do the exact same thing." And so, we briefly shared the similarities between our processes, and decided that this had to be a podcast because neither of us have ever brought it up before. Maybe I did in passing in some of my courses or some of her courses, but never officially on a podcast. So, you may have heard this episode already because she uploaded this on her podcast about a month ago, but I decided to save it until we got through the Rich Babe Academy launch, so that I could really pump out the money-related content for you guys. Now, finally, we are here, and so I get the opportunity to upload it onto my podcast. So, here it is: manifesting through music. If you guys don't officially know Ashley, she's not only someone I've had the pleasure of growing super close with over the last year, but she's also a Master Mindset Coach, creator of the Badass Manifester brand and podcast, the founder of Quantum Coaching Method, and specializes in helping coaches master their craft to be world-class leaders and create world-class transformation for themselves and their clients. Let us know after the episode by tagging us on Insta-stories how you love this technique and the magic it works through your life too. I'm @ManifestationBabe, she's @ManifestWithAsh. Okay, let's dive into today's episode.



Ashley Gordon 03:49

I'm so excited to jam with you on manifesting with music.



Kathrin Zenkina 03:52

I know, I'm really excited because we randomly brought this up when we were together in Sedona. And then you looked at me and said, "Kathrin, this has to be a podcast." And I said, "Yes, let's do it." And now we're actually doing it.



Ashley Gordon 04:04

It's happening. We're manifesting it. So, I'm curious to know about your experience with music, and how it's kind of been part of your journey. When we were talking about it when we were away - I don't even know how it came up, but I said, "Manifesting with music," and you said, "Yes, it's been such a big part of my journey." And I said, "Me too, hardcore." I feel like there's a couple reasons why.



Kathrin Zenkina 04:31

I think it's because a song was playing, and I said to everybody in the car, "I manifested this thing to this song." Actually no, it was on my way to Sedona. I was listening to my playlist from 2016, when I was just envisioning my life in Los Angeles, my business, and what it's going to look like. All those songs came up, and it was so cool for me to drive to Sedona, to be at this level in my life, and then also reflect on how, at one point, I was envisioning things so much smaller than what I experienced today, and how with each playlist, I can go on Spotify, and literally go back to my older playlist and be like, "Oh my god, I was manifesting my first Bali trip to this song. I was manifesting my first car - the car that I actually wanted to buy for myself; not something that I buy just out of what I can afford, but something I can actually choose for myself - to this song. You said, "Oh my God, Kathrin, I do that, too." I was like, "I don't think that I've ever talked about this, using music as a tool, and I don't think I've ever heard anyone else doing it either. Even though I tell my students, 'Make manifestation playlists, I think that people don't really understand how to use it, and why it works.'" And so, I think that's why we got really excited to do this.

A

Ashley Gordon 06:01

You said it perfectly. It's so true. As you're going into the playlist and reliving those moments in time where you manifested certain things to that, you're literally tuning in. Like music tuning, you're tuning your frequency to the frequency of those moments and time, and to the frequency of moments in the future, too. We were saying that music is sound healing, right? It's literally sound healing. Sound is frequency, and sound is energy. And so, you can use music - the actual sound of the orchestra, the drums, or whatever instrument is playing - but also the lyrics.

K

Kathrin Zenkina 06:39

Hmm, yes. See, it's funny you mention lyrics. For me, it was never about the lyrics, and I'm sure some of the songs I listened to have lyrics that have absolutely nothing to do with manifesting, or anything like that. I'm sure the lyrics were very random, but I come from a dance background. My mom and my grandma very passionately put me into dance classes when I was very young. Art classes, first, and then dance classes. I've been doing ballroom dancing from the ages of five to about 15 - so 10 years. All I would do in school way back in the day is I would practice my dance routines at my table, where my feet would actually move. Less so of my feet, it was more like my toes. I would visualize myself - this is my early days of visualization - I would visualize my dance routines, I would tap my toes, and I would hear the music, and I would specifically hear the beat. That's why I'm really connected to drums. As you know, with our new band, The Sisterhood of the Traveling Plants, my instrument is the drum, and it's because I resonate so much with it for various reasons. But in this lifetime, it's the dance background. So, for me, it's a beat thing.

Certain beats evoke certain emotions for me, and it can go either way. Some songs will evoke certain emotions for me, which will help me tap into that frequency, and sometimes I will go into listening to a song with a certain emotion for the intention of anchoring in an intention into that song. So, you asked how I started this, where this came from, or what my journey is. I remember my very first time doing this was in my parents' bedroom, listening to a song. The song title was very aligned, but I don't think the words make any sense. That's why, again, I don't listen to the lyrics. It was called Metaphysical. This is when I just had my spiritual awakening. This is post-Tony Robbins, and Tony Robbins is all about anchoring people to music. There are certain songs that evoke certain emotions at his event. When you leave a Tony Robbins event, you listen to that playlist or certain songs, and you immediately come back into a Tony event, and it evokes what he calls "peak state." And so, around that time, I decided to set aside time to visualize because I just dove back into the world of law of attraction. I wanted to take it very seriously. And so, I was like, "I need to set aside time to visualize." And so, for 10 minutes a day, every single day, I would be like, "Now is my visualization time." But doing it in silence is boring. So, it wasn't like I knew to do this on purpose. It was just that I was like, "Let me play a song." And so, I would play these particular songs, over and over again. I remember my initial visualization was me driving to go pick up Brennan from the airport in Los Angeles, on the PCH, driving my white Audi S5 at the time - that's what I was manifesting - and I could see my life in Los Angeles. I had the windows down, and I remember envisioning a Starbucks cup in my hand, and just feeling this freedom; that my business is successful, and picking up my boyfriend who, at the time, we were doing a long-distance relationship. I didn't know that he was going to follow me to LA just six weeks later. So, I was envisioning this life to this music. I would pick different songs for different things. I remember that whenever I would listen to them, it would just bring that intention back. It would allow me to tap in so fast, where even if I'm having a really bad day after work, I come home, and I'm like, "It's visualization time." I turn on the song, and I immediately feel like I'm already living that reality. What would start happening, Ashley, is that my business, when it finally did take off, I would listen to those songs again, and I was like, "Holy shit. Everything I envisioned to this song, I'm now living." I remember there was a specific song to Bali, and even five years before I went to Bali for the first time, I would listen to the song, and I'd be like, "One day, I'm going to travel to Bali, and I'm going to play this song." And then I came to Bali, hosted my first retreat, and on that playlist - unintentionally, I didn't even know this - I started playing a song while the girls were journaling. I was giving them some journaling prompts, and we were sitting all together. I was like, "Wait a second, I was manifesting Bali to this song. And I'm sitting in Bali right now. Holy shit! This is incredible."

A

Ashley Gordon 11:14

That's such a peak moment, right there, having that realization.

K Kathrin Zenkina 11:18  
It is!

A Ashley Gordon 11:18  
Did you tell them in the moment?

K Kathrin Zenkina 11:20  
I did, I totally did, because then I had to explain what I mean by that, and how they can also implement it in their life. I think why manifesting with music is so powerful is, first and foremost, the process of doing it, but then also the reflection of when the thing manifests. You have a song to then reflect, and it gives you so much gratitude and appreciation to be like, "Oh my God, this happened. This is real." And then guess what? It fuels the next manifestation because now you have proof. Now you can go and pick another song, and start this process over again, but you have that much more faith backing it up, so that the next time, it's going to happen so much faster.

A Ashley Gordon 11:59  
Oh, my gosh.

K Kathrin Zenkina 12:01  
I'm curious about you. What is your experience?

A Ashley Gordon 12:03  
Well, just when you were saying that, when you're in that state - that peak state of full trust - it's like a knowing. It's like you're listening to a song, and you already know that everything that you want is going to happen. Everything that you're drilling into. For me, personally, it helps me tap into a deep feeling state. So, we've talked about this. We're both nonspecific manifesters. You are too, right?

K Kathrin Zenkina 12:28  
Yeah.

A

Ashley Gordon 12:28

And so, if you're listening, and you're like, "I'm more specific," you can use it either way, but it works really well if you are a nonspecific manifester. That way you can just decide what feeling state, and then have the music amplify that tenfold. And just like Abraham Hicks says, staying in that feeling state for - I think she says 17 seconds things, but think about a song. You're there for two, three, or four minutes, sometimes, so you're really staying in that state. For me, it started really interesting, because I was in a High School relationship. When we broke up, we had all these songs from our relationship. We had this whole Jack Johnson CD, and all this music. When we broke up, I tortured myself by listening to all of our music, over and over again. If you can relate to that, if you've been there where you dramatize your life by listening to dramatic music, that's something you don't want to do when you're manifesting with music, because I feel like that actually perpetuated a negative state for me. Can you relate to that at all?

K

Kathrin Zenkina 13:37

I totally can. I used to torture myself, and I don't know why we do that. What is wrong with us that we do that?

A

Ashley Gordon 13:44

I don't know. I thought it would bring him back. I think that's what I thought.

K

Kathrin Zenkina 13:48


Yeah. I feel like it always comes with the best intentions, but then when you grow up and look back, you realize, "No, that doesn't make any sense." And also, as manifestation teachers today, and really understanding how this works; first of all, you don't ever want to manifest a specific ex back, because how do you know that they're divinely right for you? How do you know that there is not the person who's meant for you? That if you just stay open and trust that the universe is going to bring that person, it doesn't matter. Maybe they could totally be your ex. Sometimes that happens. Sometimes there are break ups that weren't meant to break up. But why would you want to be in charge of that? That's what I teach my students. Be in charge of loving yourself, and then give up the rest of the universe.

A


Ashley Gordon 14:35


So, that was the time when I was told by my mom that I had to watch the movie The Secret. And so, I started watching that and I was like, "Oh my god, I'm doing this in the


completely wrong direction." I realized what I was doing, right then and there, and then I started to just go all in with universe. I've always had a connection to music, so when I first started consciously manifesting, I started to use music as a communication tool. So, I would say to the universe, "Send me a song that I'm meant to hear right now, and if you're really with me, let me hear the message that I need to hear in the next song. Tell me in the next song." I would really be super specific like that, and then as it started to happen, I started to listen to songs - if it was any love song at all, I would imagine that it was the universe singing to me.


 Kathrin Zenkina 15:30  
Aww.

 Ashley Gordon 15:32  
So weird.

 Kathrin Zenkina 15:33  
That's so sweet.

 Ashley Gordon 15:34  
It was cool. You know the Michael Bubl 's Everything song? It's goes like, "Na-na-na, you're my everything." That's not the song, but you know what I'm talking about. I was like, "That's me and the universe!" It just kind of trickled out from there. When I started my business, and people would ask me, "How's your business?" when I didn't have any money or clients yet -

 Kathrin Zenkina 16:01  
Oh my god, I hated that question back then.

 Ashley Gordon 16:03  
Right? "It's growing. It's going amazing. It's expanding every day." I would say these things, and then I would listen to songs to get me into the feeling of that. I would listen to songs to help me attract clients and financial abundance, and to step into the Rich Babe version of myself, and really let myself be all in with the song, but I was really big with lyrics.

K Kathrin Zenkina 16:30  
Hmm, I see.

A Ashley Gordon 16:31  
Really big with lyrics. One of the first songs that was - it's such a weird song, and it played yesterday - was "(singing) I got my mind set on you, I got my - " do you know that song?  
Please say yes.

K Kathrin Zenkina 16:46  
No. I literally do not listen - I'm telling you, I don't hear the words. It's so interesting, because - this could be a total side conversation, it's not necessarily what we're talking about, but something else that happens with music too, and I don't know if you think about this, too, and what your thoughts about it is - a lot of the music, especially mainstream music, is actually not good for our subconscious mind. There are a lot of lyrics in there that I personally don't want to manifest. And so, for me, how I've been able to just kind of mediate that is I choose mostly songs that don't have lyrics. So, mostly electronic music, and especially more so plant medicine music now has great fives. There are no bad words in there, or whatever. By bad words, I don't mean curse words, because I curse all the time, but I mean singing about going broke, or -

A Ashley Gordon 17:43  
Or dying.

K Kathrin Zenkina 17:43  
Or dying, or seeing people get shot. I really don't want to attract that. I don't want that to be in my energy, and I don't want to be in its energy. And so, I've become very aware of mainstream music, and so I don't really listen to mainstream music. And so, the songs that I'm very particular about, I make sure that on a lyrical level, they're pretty high vibration. But again, for me, it's the beat of music.

A Ashley Gordon 18:11  
Yeah. Kathrin serenaded me with maracas.



K Kathrin Zenkina 18:16  
Yes, that was amazing.

A Ashley Gordon 18:20  
What were you going to say?

K Kathrin Zenkina 18:21  
I was going to say, what is your opinion or thoughts on the lyrics of music?

A Ashley Gordon 18:28  
You nailed it. I mean, it's 100 percent true. You really want to be aware of the things that you're saying to yourself, because music is repetitive. They play it on the radio over and over again, and you're singing it over and over again, so you want to be aware of what you're singing. If you're like, "Bye, bye Miss American pie, this will be the day that I die," ten million times, you might want to cancel, clear, and delete that.

K Kathrin Zenkina 18:54  
That's so true. On a subconscious level, it bypasses that critical factor, because it's so catchy. It's so repetitive. You dance to it, you move your body to it, everyone is singing it, and so when you normalize something to that degree, it just bypasses right into the subconscious mind, and then it's done over and over again, like an affirmation. Now I'm thinking about it, what if - and you know what's so funny? As I start talking and podcasting, things pop up like crazy in my mind. I just realized the origin of my manifesting with music story. It was not just me randomly doing it in 2016. It was actually back in college. I bought this program - and I think they still exist today. I don't necessarily remember what exactly they're called, but I think it's called mind movies. It was basically this very basic software that I purchased because I just came into the manifestation world. I really wanted to maximize it. This company said that you can create your own videos with music that inspires you. It's a slideshow of pictures that you want to manifest, and you can put words on it. Actually, my mom just got it because she's now diving back into this spirituality world. She's so into it, and she has her mind movie that she watches every single day. I remember going to college on the bus - my hour-and-a-half commute - and watching that video at least three times. It was pictures of the Caribbean, the Maldives, my dream engagement ring, and my dream wedding, etc. It was very specific; you have to put high vibe music. It has to be uplifting music, because that assists with the whole subconscious penetration. I give that word -

A Ashley Gordon 20:43  
Yes, it is the anchoring. I like the penetration better. Penetration is the new anchoring.

K Kathrin Zenkina 20:48  
It really is. It just penetrates the subconscious mind, so that you take in. Even thinking about this practically, you could listen to songs and do visualization, but you could also create affirmations that you say to yourself as you're listening to the music. I love that you brought up Abraham Hicks because they talk about 17 seconds, and a song is two, three, four minutes.

A Ashley Gordon 21:13  
Right, you're so in it. I actually posted, I think last year, a video of me listening to some electronic song in my convertible. The wind was blowing. Don't worry, I was safe. It was a little, quick video. But I was like, "Aaah, this is how I manifest." That is literally how I manifest. A lot of it happens in the car, listening to music, feeling so good, feeling so high vibe. Sunny's on, wind is blowing through my hair, just listening and feeling into the reality that I'm creating. It can just be a general feeling if you don't know where to start. It can be a general feeling that something amazing is about to happen in my life. That's kind of where I started it.

K Kathrin Zenkina 21:58  
Can we talk about the rocks in Sedona, and how you and I had the exact same realization as we were setting intentions for the year?

A Ashley Gordon 22:07  
Yeah.

K Kathrin Zenkina 22:08  
Okay, you share the story.

A Ashley Gordon 22:10

Okay, so we were hiking up Cathedral Rock, and it was amazing. We get to this plateau, and there are intention rocks. So, Lauren said, "These are intention rocks for the year." We all pick our rocks, and we just take a minute. We were focusing our energy and intention on where we want to be a year from now. I was just thinking, "Where am I going to be a year from now? What do I want?" I answered to myself, "Something amazing." I just put in a feeling - a really abundant feeling - into the rock. afterwards, you shared that you didn't know what to put into the rock either. You couldn't imagine what your life was going to be like a year from now.

K

Kathrin Zenkina 22:52

Yeah, I was getting really aggravated at my rock.

A

Ashley Gordon 22:57

You were getting mad at the rock!

K

Kathrin Zenkina 22:59

I was getting so aggravated, I couldn't figure it out. And I was like, thinking of things that I genuinely want to manifest within the next year. I remember that immediately, my mind was like, "But how is it going to happen?" That normally doesn't interfere with me because I have ingrained it into my subconscious mind that the "How" doesn't matter, and that it's going to happen. So, I was like, "Why is this happening?" I just got so aggravated. I remember being like, "Kathrin, you're a nonspecific manifester -" which, just to clarify for everyone listening, comes from something in human design. The way that you can think about it without even knowing your human design chart is to just think about how you feel the most stress-free when you're manifesting. When you're doing a manifestation ritual, does it stress you out to think of every single detail, and every single thing that has to happen? When I envision my dream home, it's really a feeling. I can envision the generic structure and very basic things, but I can't tell you what color my doorknob is, what kind of flooring it has, and specifically where each room is. That shit stresses me out. For some people, it stresses them out to not think of the details. And so, a nonspecific manifester just need to tap into the feeling of. A specific manifester also taps into the feeling, but generates that feeling from the details. You really clearly and vividly see it and describe it, and you're like, "Yes, this is amazing." And then you can feel that feeling. With nonspecific manifesters, it's the feeling that then creates details.

A Ashley Gordon 24:40  
Absolutely.

K Kathrin Zenkina 24:41  
Ashley and I are both nonspecific manifesters. And so, to specifically figure out where we're going to be a year from now, that was not working for us. I love that we both had that realization because when we talked about "What did you put in your rock?" I said, "I literally didn't know what to put in my rock, except for the fact that this time, next year, I'm going to look back at the year, and my mind will be blown. It's going to be so mind-blowingly good, that I couldn't even have predicted it." And that's the intention I put in my rock. And that's the intention that you put in your rock. And so, it's really cool to talk and bond about that, because not many people get it - especially specific manifesters, they don't get it. When a lot of specific manifesters are teaching manifestation, they teach everybody to be as specific as you possibly can, because apparently the universe is so dumb, that it doesn't know the frequency at which you're vibrating at; that you have to tell the universe, "I need this, this and this," and that the universe is somehow not able to access it from you, without even you saying it, or describing it perfectly.

A Ashley Gordon 25:50  
I'm so glad you said that. I tell my students all the time - and myself - that I don't need to sit in meditation, or drive in my car, and go over what I want 50 million times. I don't need to do that. The universe already knows what you want. It knows everything. All you have to do is get into that bigger frequency; that knowing that something amazing is going to happen; that your life, one year from now, is going to be unrecognizably freaking phenomenal. It's going to be insane. When you said that, what I felt in my body was just like a rocket. You know how in The Secret when they have those bubbles around people that go off?

K Kathrin Zenkina 26:31  
Yes.

A Ashley Gordon 26:32  
That's what I felt, and that's what I saw. That feeling is so powerful.

- K** Kathrin Zenkina 26:37  
Yeah. And whatever you end up manifesting is what you want. It's very in alignment with the feeling. Whatever you end up manifesting gives you that feeling, and you're after the feeling in the first place. So, if we can just let go of all the details and all the things, because I know that even manifesting with music, it's not like I'm thinking in detail that specifically - though sometimes I can envision, and sometimes I just can't. It just depends on how far I can get into the details. But the music really is about the feeling, and feeling is the frequency, and frequency is the language of the universe.
- A** Ashley Gordon 27:13  
Yes. Boom.
- K** Kathrin Zenkina 27:16  
Boom! That's it. Done.
- A** Ashley Gordon 27:18  
Done. Wrapping up. Just kidding, no. When you're in that frequency too, I'm not thinking, "I need to make \$100,000 in one month, by this date at this time." Like you said, if you are working on manifesting money, for me, it's always, "How will I feel when I have that? And how can I tune into that version of me now?" So, there are some songs that really get me into luxury vibes. I'm in this luxurious feeling. It's not like I'm imagining myself with my Chanel bag, walking down on a day or drive. That's not necessarily what I'm seeing. It's purely a feeling.
- K** Kathrin Zenkina 28:02  
Yeah, it's pure consciousness, which is what we are - which is what everything is, which is, as my mom calls it, "the truth behind the universe."
- A** Ashley Gordon 28:12  
You, listening right now, are pure consciousness with unlimited possibilities to tap into any frequency that you choose of a plethora of unlimited amounts of abundance that are surrounding you right now. What are you choosing to tap into?

K

Kathrin Zenkina 28:33

Boom! Mic drop. Now we can finish. But just to just to keep it super practical, what is something that the people listening right now to the episodes on both of our podcasts, what can they - you and I can both share, unless we are about to say the same thing, which tends to happen, and happens a lot. What can people do? How can they start manifesting with music? What does that look like? And why is this such a great tool for them to try?

A

Ashley Gordon 29:07

Love that. So, the first thing that comes to my mind is to start a playlist for yourself. We have playlists that you can follow. I have one attracting abundance. I know you have a bunch. Start your own playlist. Listen to other others, but listen to songs and music, and feel what comes up for you. Tune into, "Does this make me feel really high vibe? Does this make me feel relaxed?" And then you can make different playlists for what you want to manifest. That's a good starting point.

K

Kathrin Zenkina 29:39

I was going to say the same thing, so I'm not surprised at all. Just to add to exactly what you were saying, even having a playlist just for when you do your finances; something that evokes abundance. I know that a lot of people, the first few times that they start diving into the money mindset work, I challenge my students to go check their bank account, sit with it, and really understand what's going on there. Because all your bank account is, is a 3D manifestation and a reflection of what's going on inside of you. And so, you need to first start feeling really good about money, regardless of what you see in your bank account. And so, I used to challenge - I still do inside of my Rich Babe Academy - go and do your financial stuff, look into your statements, and figure out exactly how much money you have, but do it to a playlist that makes you feel rich.

A

Ashley Gordon 30:32

Yes.

K

Kathrin Zenkina 30:33

Do it to a playlist that makes you want to dance when you look at money, and dance with money, and party with money. So, that's a money playlist. And then let's say that you are manifesting a romantic relationship; have a playlist that makes you feel those sexy vibes, or however you want to feel in a relationship. The deep unconditional love, the

connection, the great sex, or whatever it is. Have a playlist that actually makes you feel those things, so that when you're listening to that, when you're on the Tinder app - which is how I met my husband. I mean, I feel that virtual is how everyone's doing it in the in the era of COVID. Everyone's forced to find a mate, virtually. So, let's say that in the midst of your online dating, whatever you're doing, swiping left or swiping right, you're listening to those songs.

A

Ashley Gordon 31:24

I have a song - I just want to put this out there - the song that I will praise is the song that helped me manifest my soulmate, is - this is probably going to get some feedback because I know that not everybody loves Nickelback, but it is a Nickelback song. It's called Gotta Be Somebody. Go listen to that song if you're manifesting your soulmate, seriously.

K

Kathrin Zenkina 31:48

I love that. So yeah, basically everything that you want to manifest, create a playlist and just start there. And then just set aside time at first to really anchor that in - just a song or two at a time, for a practice - and then after that, I really love to work to my playlists. I have a business playlist; I have my money playlist. And then maybe you listen to it while you're cleaning, or doing something else. That way, it helps you really stay in that state throughout the day. Manifesting is not what you do in that 10-minute period; manifesting is what you do in the other 23 hours and 50 minutes.

A

Ashley Gordon 32:28

It's so true. You could be listening to all the music, and getting into all the feelings, and then you can go and do something else that - I don't want to say cancels it out, but sends mixed signals to the universe.

K

Kathrin Zenkina 32:39

Yeah, and then you get a mixed life.

A

Ashley Gordon 32:42

Yeah, mixed up energy; mixed up life. I even have a playlist for full self-expression, because I'm always working on just fully expressing myself. That was one of my big breakthroughs that we had in Sedona. It's just dancing, moving my body, and tapping into that Divine

Feminine through a full self-expression playlist, whatever music makes you feel fully expressed.

K Kathrin Zenkina 33:07

Yes, and it's going to look different. So, as Ashley said, come look at our playlists. I don't even know if all of mine are public, or how old they are. I have one called Vibin' High AF, and that is basically the summary of all areas in my life put together - all the things put together. But what makes me feel a certain way might not make you feel a certain way. With Ashley's playlist, same thing. This is what Ashley resonates with. So, get inspiration, but then create your own playlist, and then let us know how that works for you.

A Ashley Gordon 33:42

Yeah, definitely let us know and tag us for sure. We want to be part of your journey with manifesting with music. I just have to ask you, can you recall one song that makes you feel rich, abundant, and full of everything that you're creating right now?

K Kathrin Zenkina 34:02

Hold on. Let me go to my actual playlist called Vibin' High AF. It's so weird. It has nothing - the songs that I listen to, it's the beat. Again, it's the beat that I -

A Ashley Gordon 34:18

Give us a beat, and I'll give you a song with lyrics that I like.

K Kathrin Zenkina 34:21

Okay, you go first because I'm still looking.

A Ashley Gordon 34:24

Okay. There are so many! If you are ready to attract money right now, there's a song called Buzzin'. It's all about money. It goes like, "And I feel like mon-eeey is attracted to me. I come around." So, that's that song.

K Kathrin Zenkina 34:38



Ooh.

A Ashley Gordon 34:38  
Yeah, I'll send it to you.

K Kathrin Zenkina 34:39  
I need some good songs from you with lyrics because mine have no lyrics.

A Ashley Gordon 34:45  
I'll send you my playlist with lyrics because I think it's good. And then the Beyonce song, Upgrade U.

K Kathrin Zenkina 34:50  
Ooh.

A Ashley Gordon 34:51  
Do you know that one?

K Kathrin Zenkina 34:52  
No, but I like the title that you're giving me?

A Ashley Gordon 34:55  
Yeah, upgrade U is really good. George Michaels' Faith. "Because you gotta have faith, Mm-hmm you gotta have -" I'll just sing to you. Okay, what do you have?

K Kathrin Zenkina 35:10  
There's this song that Brennan and I, every time we hear, we just look at each other, and we're both envisioning at the same time traveling in the Maldives. I'm telling you, I don't remember titles. This is a horrible question for me because I also don't remember the names of songs.

- A Ashley Gordon 35:33  
Actually, I don't think it's a horrible question. I think it actually models that it doesn't matter. It doesn't matter if you know the song, or if you know the lyrics. It's all about the energy that you feel in the moment.
- K Kathrin Zenkina 35:45  
True. I think it's Know This Love by KREAM. This is one of my songs where I've listened. A lot of these songs I listened to on airplanes as I'm traveling to destinations because travel is one of my absolute things that I'm after in life: experiences. Travel makes me feel rich AF, just super luxurious, and free. Freedom is very important to me. And so, I have a lot of these songs that I listen to on airplanes to help me even more so anchor it in, that this represents that travel. I'm going to be traveling all the time, and travel is a part of my life. Travel is very easy for me to manifest. Staying at five-star resorts, First Class flights - not a problem. It's always going to be a part of my life because this is my new standard. And so, a lot of these songs I listen to purposely on planes, on repeat, as I'm visualizing what our trip is going to be like, and one of them is "Know This Love" by KREAM. Another one that I really love is - I think there's two, actually. It's Up All Night by Lynn Marley.
- A Ashley Gordon 36:57  
I love that song!
- K Kathrin Zenkina 36:58  
Yes?
- A Ashley Gordon 36:59  
I've heard that song.
- K Kathrin Zenkina 37:00  
Oh my god, you know that song! I would say those are my top two right now. Awesome. I love that.
- A Ashley Gordon 37:04  
Awesome, I love that. And then, obviously the billionaire song. "I want to be a millionaire,

so freakin' bad."

**K** Kathrin Zenkina 37:09  
Oh my god, yes. Classic.

**A** Ashley Gordon 37:14  
Classic! Oh my gosh, such a good combo. I love this.

**K** Kathrin Zenkina 37:18  
I know, I love this too.

**A** Ashley Gordon 37:19  
Alright guys, well if you loved it too - we know you did - tag us, let us know how you feel about this episode, and we can't wait to support you in manifesting with music and living your dreams - truly living your dreams, whatever it is that you're creating

**K** Kathrin Zenkina 37:36  
Amen. And just to clarify, the tags are @ManifestWithAsh, and @ManifestationBabe. We really do love it when we get tagged, and we really do love hearing your feedback. Anytime a tip works for you guys, that just makes our heart sing. So, definitely tag us, let us know, and we hope you enjoy this episode.

**A** Ashley Gordon 37:58  
Bye!

**K** Kathrin Zenkina 37:59  
Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.

